



Wellbeing

Over the next few pages we'll ask some more questions about how you feel about yourself and your life. Again, there are no right or wrong answers.

i Some questions may seem a bit similar to each other, but please bear with us. Try to consider each question in its own right.

Please say how much you agree or disagree with each of the following statements.

I'm always optimistic about my future

☐ Disagree strongly ☐ Disagree ☐ Neither agree nor disagree ☐ Agree ☐ Agree strongly

In general I feel very positive about myself

☐ Disagree strongly ☐ Disagree ☐ Neither agree nor disagree ☐ Agree ☐ Agree strongly

At times I feel as if I am a failure

☐ Disagree strongly ☐ Disagree ☐ Neither agree nor disagree ☐ Agree ☐ Agree strongly

On the whole my life is close to how I would like it to be

☐ Disagree strongly ☐ Disagree ☐ Neither agree nor disagree ☐ Agree ☐ Agree strongly

Taking all things together, how happy would you say you are?

Extremely
unhappy

Extremely
happy



0



1



2



3



4



5



6



7



8



9



10

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« Previous

Next page »

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